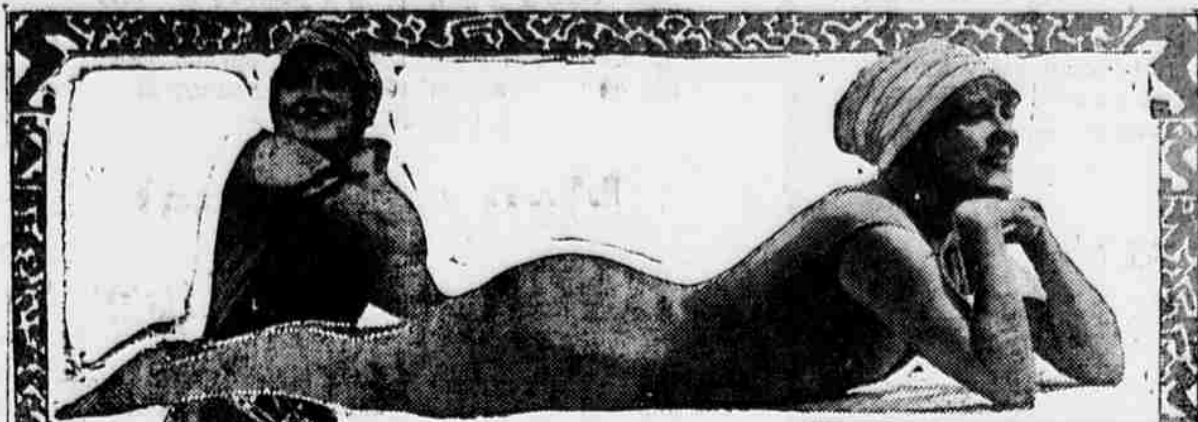


ANNETTE KELLERMAN TO TEACH OUR READERS THE ART OF SWIMMING

SAVE THE PAPERS AND OBTAIN THE COMPLETE SERIES



I will teach you in your home, without going near the water, how to become an expert swimmer.

Swimming is a perfect exercise for women. According to the incomparable Annette, it is the best health builder in the world and absolutely the finest thing possible for the nerves. Why more women do not take advantage of the lakes and the many tanks is beyond Annette Kellerman's comprehension.

It is not a difficult thing at all to learn to swim. You can get the fundamental principles of swimming without even so much as going to the water. Miss Kellerman does, in fact, advise beginners to learn their leg and arm strokes out on the beach over an old bench or at home over the family piano stool. She says that once the leg and arm movements are learned and a person can put them together, two-thirds of the fear that seizes a beginner in her first "perilous" tries in the water is done away with. It is lack of confidence which keeps most women from enjoying the water; they get panicky and frightened and open their mouths and cry for help and think they are going to sink; and they go through such tortures that it is lit-



tle wonder they give their water sports up as a bad job.

BY

Annette Kellerman

Household Hints

CANNING FRUIT WITHOUT SUGAR

Washington, D. C.—Fruit for use in pie or salads or as stewed fruit can be put up or canned without the use of any sugar at all, according to the canning specialists of the Department. They, therefore, advise those who, because of the high price of sugar, have been thinking of reducing the amount of fruit they put up, to can as much of their surplus as possible by the use of boiling water when sugar syrup is beyond their means. Any fruit, they say, may be successfully sterilized and retained in the pack by simply adding boiling water instead of

hot syrup. The use of sugar, of course, is desirable in the canning of all kinds of fruits and makes a better and ready sweetened product. Moreover, most of the fruit when canned in water alone do not retain their natural flavor, texture and color as well as fruit put up in syrup. Fruit canned without sugar to be used for sauces or desserts must be sweetened.

DIRECTIONS FOR CANNING FRUIT WITHOUT SYRUP

Can the product the same day it is picked. Cull, stem, or seed, and clean the fruit by placing it in a

strainer and pouring water over it until it is clean. Pack the product thoroughly in glass jars or tin cans until they are full; use the handle of a tablespoon, wooden ladle, or table knife for packing purposes. Pour over the fruit boiling water from a kettle, place rubbers and caps in position, partially seal if using glass jars, seal completely if using tin cans. Place the containers in a sterilizing vat such as a wash boiler with a false bottom, or other receptacle improvised for the purpose. If using a hot water bath outfit, process for thirty minutes; count time after the water has reached the boiling point; the water must cover the highest jar in container. After sterilizing remove packs, seal glass jars, wrap in paper to prevent bleaching and store in a dry, cool place.

If you are canning in tin cans it will improve the product to plunge the cans quickly into cold water immediately after sterilization. When using a steam pressure canner instead of the hot water bath, sterilize for 10 minutes with five pounds of steam pressure. Never allow the pressure to go over 10 pounds.

EVE NOT ADAM'S FIRST; 'LIL' WAS PRIOR WIFE

Latter Left Hubby to Wed Beelzebub, and Progeny Were Insects, Is Claim.

New York.—"Eve was not Adam's first wife. Many years before Eve's time he married Lilith, a blonde, with hair like ropes of gold. Lilith was more temperamental than Eve, so she left Adam after a short time, thus introducing divorce into the world. "When Adam finally learned that his unfaithful wife had married a man in the South country he called upon the Lord and Eve was then created from the thirteenth rib of his right side."

This startling news was imparted in a lecture here on "The Insect Progeny of Adam's First Wife" by Robert P. Dow, editor of the Entomological Society Bulletin.

The speaker later declared that Lilith's second husband was no less a personage than Beelzebub. Her children by her second husband, Mr. Dow said, were all insects, which proved a great source of satisfaction to Adam when he heard it.

Mr. Dow based his authority for his statements on researches he had made into antiquity.

EAT GRASS, ADVISES EPHRAIM

"Nicodemus Done It," He Says, and Waxed Fat.

St. Albans, Vt.—Ephraim Sodas of Piney Ridge, near here does not intend to let the high cost of living bother him. Let them keep their "aigs" in cold storage, he says, and their "chickens," too, for he has discovered a way to give them the merry ha, ha, and a few chuckles added, if they go too far.

"Grass, by gum!" is Ephraim's joyous ejaculation. "Nicodemus of Bible fame et grass," he says, "and he thrived on it, berjinks! And that is precisely what I'm going to do."

CAT FIGHTS EAGLE AND DOES IT WELL

FUR AND FEATHERS FLY FAST AND FURIOUS.

Tom Comes Back Again and Again, a Regular Glutton for Punishment —Boy Declares "Draw."

Springfield, Mo. — While plowing near here William Ford witnessed a thrilling fight between a cat and an eagle. It was claws and beak against claws and teeth, and resulted in a draw.

Farmer Ford saw what at first he took to be a chicken hawk sweeping down on his barnyard. He thought it was after a chicken and stepped to the fence. Closer inspection revealed that it was an eagle.

The bird swooped, struck and rose, but, to the farmer's surprise, it held in its talons not a chicken, but his large tom cat. The eagle held the cat by the back. The cat's four feet were extended and its tail pointed toward the zenith.

Forty feet from the ground the cat gave a twist, wriggled from the grasp of the bird and fell to the earth, seemingly unhurt. The bird circled and made another swoop but this time the cat was waiting for its feathered adversary, and, when the bird struck, things happened. For about three minutes the air was full of fur and feathers.

The eagle withdrew baffled, to a distance of about fifteen feet, dragging one wing. The cat had its back high in the air, and both cat and eagle were hissing and spitting. Finally the cat crouched and began to creep slowly and steadily toward the eagle, its tail dragging. Its fighting blood was up.

The eagle stood with one foot lifted, turning its head from side to side, the better to observe its adversary. The feathers on its neck were ruffled. The cat hugged the ground a little closer and then sprang. It evidently expected the eagle to attempt to leap to one side, for its legs were far apart. The cat, however, made a mistake. The eagle turned on its back and drove its talons into the cat's breast and tried to strike it in the eyes, with its beak. The cat missed the bird's neck and got its wing. Then the air again became filled with fur and feathers.

The farmer's little son had seen the encounter from the front of the house, and ran as fast as he could toward the scene. He was afraid his "pussy" was going to be carried off. His shout frightened the cat and it released its hold for a minute; the bird struggled free, ran about twenty feet and launched itself with a heavy wing and badly battered plumage into flight. The cat climbed the fence, mewed, licked its bloody breast and mewed again, eyeing its feeble adversary with baleful eye and switching tail.

SURGEON'S FUR COAT CAUSE OF AUTO BLAST

It Generates Spark and Gasoline Is Fired—Man Hurt and Machine Wrecked.

Annapolis, Md. — Electricity induced by the friction of a fur coat worn by Surgeon Raymond Spear, U. S. N., grounded thru an automobile standing on a wet ground and caused a spark which exploded the gasoline, burning Surgeon Spear severely and destroying the machine.

Surgeon Spear had walked some distance to his garage in his fur coat and rubber boots. The friction of the flapping of the coat against his legs generated the electricity while his boots insulated him from the ground and allowed his body to store it. A spark did the rest.

The surgeon was taken to the naval hospital, but at present is under treatment at his home.

Even with his remarkable memory the oldest inhabitant fails to recall that he has inflicted his reminiscences on everybody he knows.

Coffee is a bad thing for a man's temper—especially if his wife doesn't know how to make it.

It would take seventeen guardian angels and half a dozen policemen to keep some men out of trouble.

Planting for Timber in Ireland. Dublin.—To provide against a dearth of timber in Ireland, due to cutting for war requirements, landlords and farmers are replanting on a large scale.

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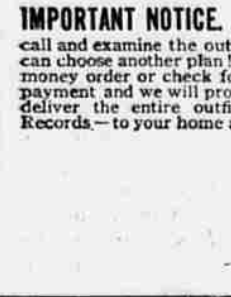
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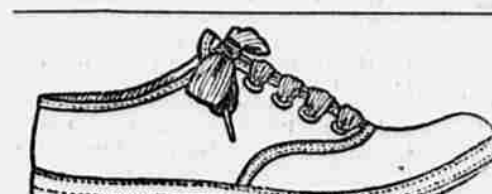
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SOCIETY WOMEN ON TOUR TO URGE HOUSEWIVES TO CAN AND SAVE FOOD



Mrs. W. Averill Harriman (center) and Mrs. David Wagstaff explaining canning while on tour to interested housewife.

A number of New York society women have chartered a special train and are touring villages and towns in the eastern part of the state, demonstrating canning and the preservation and conservation of foods. They report that housewives everywhere are showing the deepest interest in their canning, and have displayed an eagerness to conserve food in every way so that America may the better feed her allies.